

## 陳氏太極單刀 22 式 Chen Family Taiji Single Broadsword 22 Form

### Section 1

1. 單刀起勢      Single Broadsword Preparing the Form
2. 護心刀      Protect the Heart Broadsword
3. 青龍出手      Blue Dragon Comes Out of the Water
4. 風卷殘花      Wind Blows to Harm the Flower
5. 白雲益頂      White Cloud increases to the Top

### Section 2

6. 黑虎搜山      Black Tiger Searches Mountain
7. 蘇秦背劍      Su Chin Carries the Sword on his Back
8. 金鷄獨立      Golden Rooster Stands on One Leg
9. 迎鋒滾閉      The Edge Rolling Away from the Wind
10. 腰斬白蛇      Cut in Two the White Snake

### Section 3

11. 日套三環 (一,二,三)      Sun's Cover Revolves Three Cycles
12. 撥云望日      Move the Clouds to See the Sun
13. 左拔草尋蛇      Pull Grass to Search the Snake (Left)
14. 右拔草尋蛇      Pull Grass to Search the Snake (Right)

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15. 青龍出手      Blue Dragon Comes out of the Water

16. 風卷殘花      Wind Blows to Harm the Flower

### Section 4

17. 雁別金翅      Wild Goose Twines Metal Wings

18. 夜叉探海      Ye Cha (Demon) Reconnoiter the Ocean

19. 左翻身砍      Left Rolling the Body Chopping

20. 右翻身砍      Right Rolling the Body Chopping

21. 白蛇吐信      White Snake Spits Truly

22. 懷中抱月      Brood in the Center and Embrace the Moon